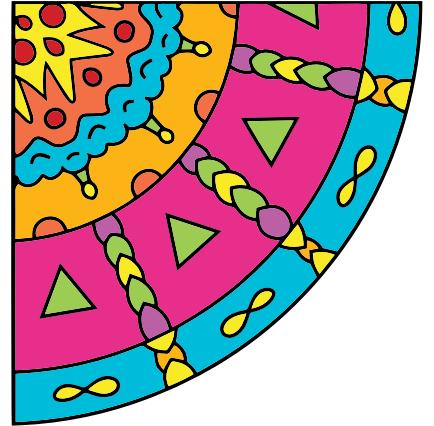
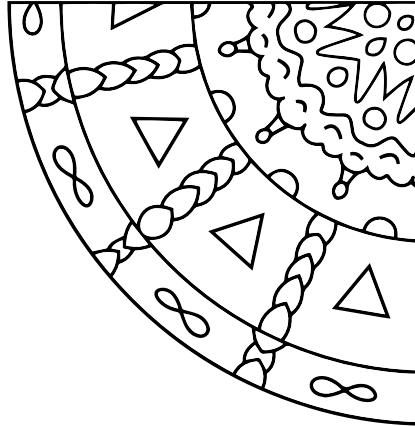
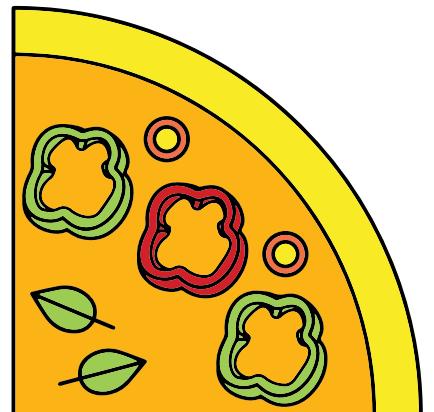
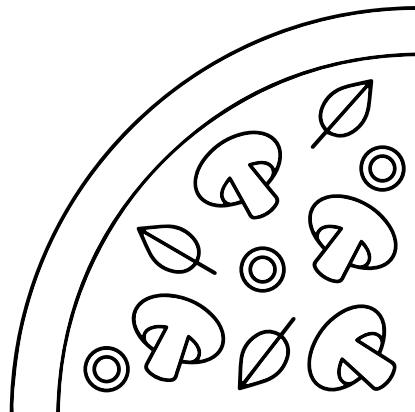


Color. Cook. Eat!

Wholesome

Family Dinners

Doable dinners, playful designs,
and hands-on activity pages



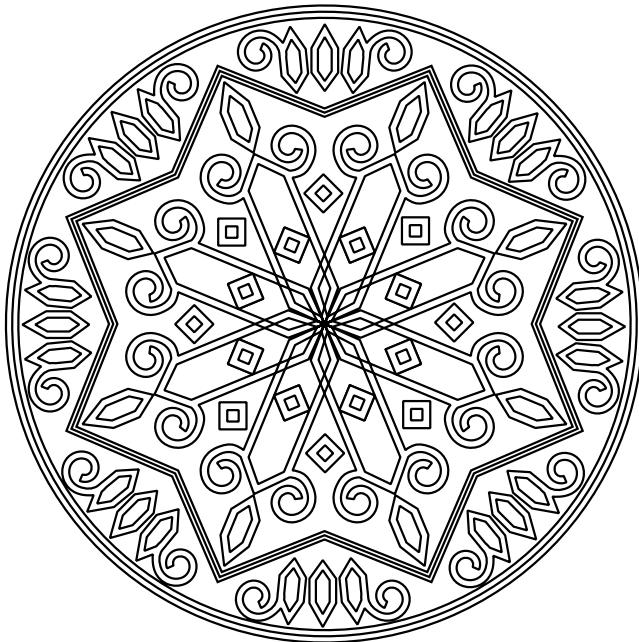
Liz Weiss, MS, RDN
LizsHealthyTable.com

Color, Cook, Eat!

wholesome Family Dinners

Doable dinners, playful designs,
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Created by Liz Weiss, MS, RDN
Cover Design by Meg Joyce & Book Design by Whitney Catalano



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Other books by Liz Weiss, MS, RDN:

Color, Cook, Eat! Healthy Foods from A to Z

Color, Cook, Eat! Smoothie Bowls

No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover
Moms (M3 Press, 2011)

The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!
(Broadway Books, 2004)

Published by Liz Weiss, LLC

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Introduction

Welcome to my table. What's cooking in your house tonight? If you're hungry for new and nutritious recipes with a sprinkling of fun and adventure mixed in, then *Color, Cook, Eat! Wholesome Family Dinners* is your dinnertime dream come true.

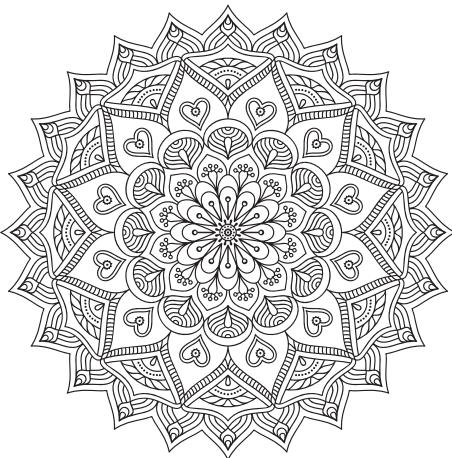
The 10 mouthwatering recipes in this book are easy to make and guaranteed to add variety to your family's table. Best of all, they're made with healthy ingredients—everything from whole grain spaghetti and salmon to broccoli, bell peppers, and beans. In addition to recipes like Homemade Healthy Beefaroni, Crispy Oven "Fried" Chicken, and Cauliflower Mac & Cheese, I've also cooked up playfully designed coloring pages (all with a food theme) to engage your kids while you cook. Of course, if you want to put the kids to work in the kitchen, you can color while they cook!

Color, Cook, Eat! Wholesome Family Dinners has a few other surprises in store, all designed to educate your kids about how food is grown and how to cook it. At the back of the book, you'll find five bonus activity pages including a farmers' market scavenger hunt, a food-filled word search, a veggie basket maze, and two crossword puzzles.

Whether you're looking for ways to turn mealtime distractions into focused family time at the table, need a creative activity to keep your tiny troops happy while you coordinate dinner, or want to teach your kids about the benefits of eating locally grown food, I've got you covered. With *Color, Cook, Eat! Wholesome Family Dinners*, you and your children will discover a fun new way to cook together, eat together, and enjoy the adventures good nutrition can bring to your table.

From my table to yours,

Liz



About Liz: I'm a mom of two grown boys, Josh and Simon, and I'm on a mission to help busy families eat better. After years in the mealtime trenches, I've created hundreds of healthy recipes, which you'll find on my website, Liz's Healthy Table. I host a podcast, also called Liz's Healthy Table, where I tackle timely nutrition topics and trends, turning them into easy recipes to tempt your family's taste buds. There are many free resources on my site, including a 7-Day Meal Planner and a Supermarket Shopping List, all designed to make feeding your family easy, fun, and flavorful.

Crispy Oven “Fried” Chicken

One extra-crispy fried chicken breast from a fast food restaurant has nearly 500 calories and over 1,000 milligrams of sodium. My homemade, healthier version is made with protein-packed, lean chicken and a crunchy cereal coating, so a serving has just 230 calories and a reasonable 340 milligrams of sodium. This recipe is easy to make, family friendly, and yes, it's finger lickin' good!

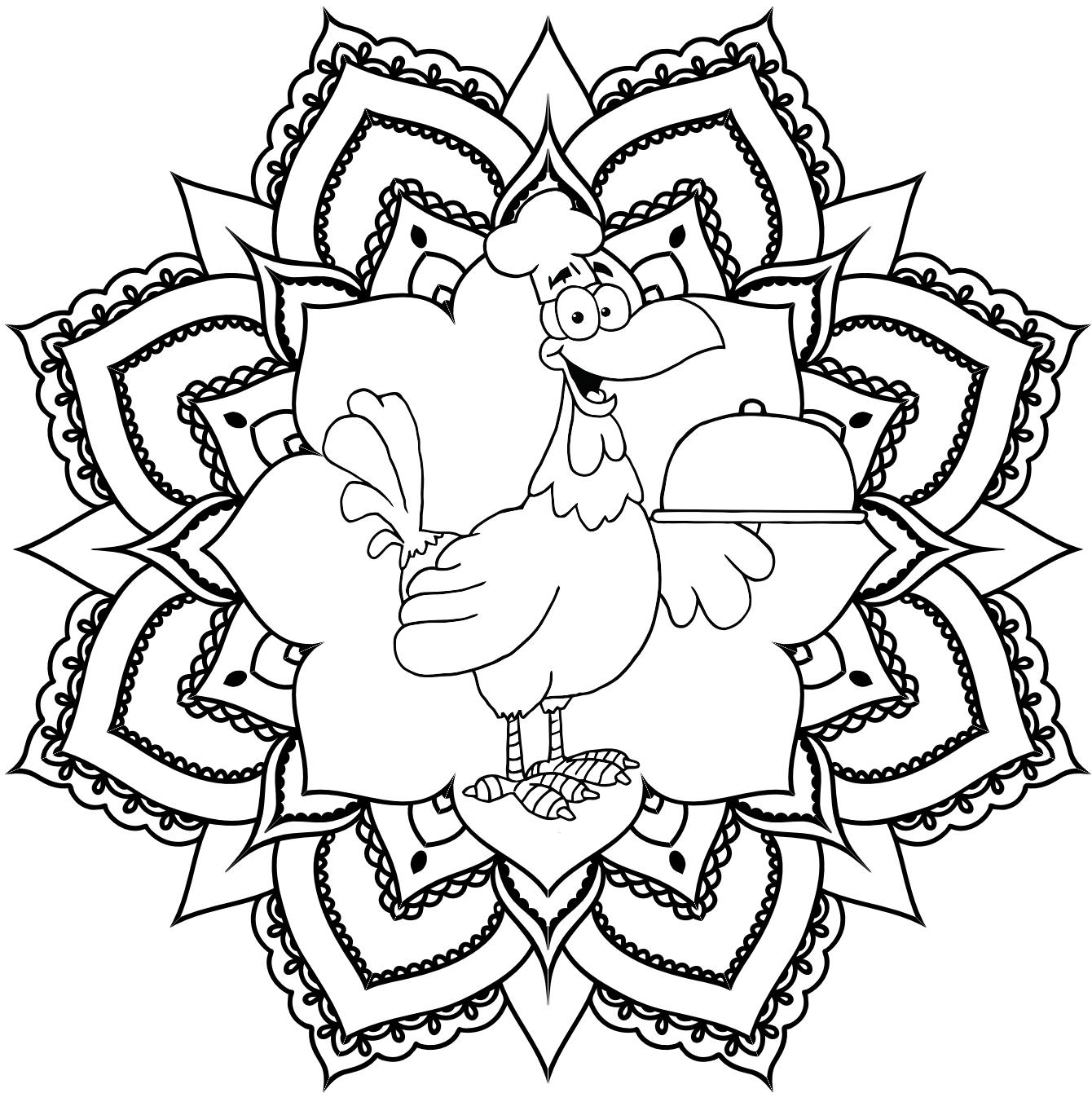
(Makes 4 Servings)



- 4 4-ounce boneless, skinless chicken breast halves
Kosher salt and black pepper
- 3 tablespoons all-purpose flour
- 1 tablespoon ground flaxseed
- 1 teaspoon reduced-sodium Old Bay Seasoning
- 1/4 cup 1% low-fat milk
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 3 generous cups corn flakes, crushed

- 1 Preheat the oven to 400°F. Line a rimmed baking sheet with aluminum foil. Spray a cooling rack generously with nonstick cooking spray and place on the prepared sheet.
- 2 Pat the chicken dry with paper towels. Season generously with salt and pepper and set aside. Prepare the breading by placing the flour, flaxseed, and Old Bay in a wide bowl or on a plate, and mix together with a fork.
- 3 Place the milk, lemon juice, and mustard in a second wide bowl and whisk together until well combined. Place the corn flakes in a third wide bowl or plate.
- 4 Dredge chicken pieces in the flour mixture until coated; tap off excess. Coat the pieces in the milk mixture and then roll in the corn flakes until well coated.
- 5 Arrange the chicken pieces on the rack and place in the oven. Cook for 10 minutes, lower the heat to 350°F, and bake until the chicken is cooked through and the coating is crispy, another 10 to 15 minutes. (Adjust cook time accordingly if halves are bigger than 4 ounces each.)

Nutrition Information per Serving (1 piece): 230 calories, 3.5g fat (1g saturated, 0.4g omega-3), 340mg sodium, 24g carbohydrate, 1g fiber, 26g protein, 10% vitamin C, 40% iron



Creamy Creamless Broccoli Soup

When you hear the word broccoli, you think "healthy." After all, one cup has an impressive 5 grams of fiber and over 100% of the vitamin C needed each day. But when it comes to recipes like cream of broccoli soup, all that "healthy" can quickly turn into a hazard. With my better broccoli soup, every spoonful brings good nutrition to your table, and you won't believe my tasty trick for replacing the heavy cream: cannellini beans!

(Makes 6 Servings)



- 1 tablespoon extra virgin olive oil
- 3 green onions, chopped (white and light green parts only)
- 1 clove garlic, minced
- 1 16-ounce bag frozen broccoli florets
- 1 15-ounce can cannellini beans, drained and rinsed
- 1 32-ounce carton all-natural vegetable broth
- 1 cup frozen petite peas, thawed
- 2 tablespoons fresh mint
- 2 tablespoons fresh tarragon
- Kosher salt and black pepper

Optional Toppings: croutons, shredded cheese, plain Greek yogurt, mint, tarragon, sliced green onions

- 1** Heat the oil in a saucepan over medium-low heat. Add the onions and cook, stirring frequently until golden, 4 to 5 minutes. Add the garlic and cook, stirring constantly, until golden and fragrant, 30 seconds to 1 minute.
- 2** Add the broccoli, beans, and broth; cover, and bring to a boil. Reduce the heat and simmer, covered, 10 minutes.
- 3** Add the peas and herbs, and use an immersion blender to puree the soup. If you don't have an immersion blender, let the soup cool slightly, transfer to a blender, and puree in batches until very smooth. Re-heat the soup until warmed through.
- 4** Season with salt and pepper to taste, and serve in individual bowls with optional toppings.

Nutrition Information per Serving (1 generous cup): 150 calories, 2.5g fat (0g saturated), 590mg sodium, 22g carbohydrate, 9g fiber, 8g protein, 10% vitamin A, 10% calcium



Mini Cheeseburger Pizza Pies

Kids love pizza and burgers, so the name of this recipe alone—Cheeseburger Pizza Pies—should get everyone's taste buds excited. For this recipe, I call for fiber-rich whole wheat English muffins as the base, and then I cover them with a gooey, cheesy beef topping. I use lean ground beef to keep the saturated fat down (but the iron and zinc up!), and I add a sauteed, diced bell pepper for even more nutrition.

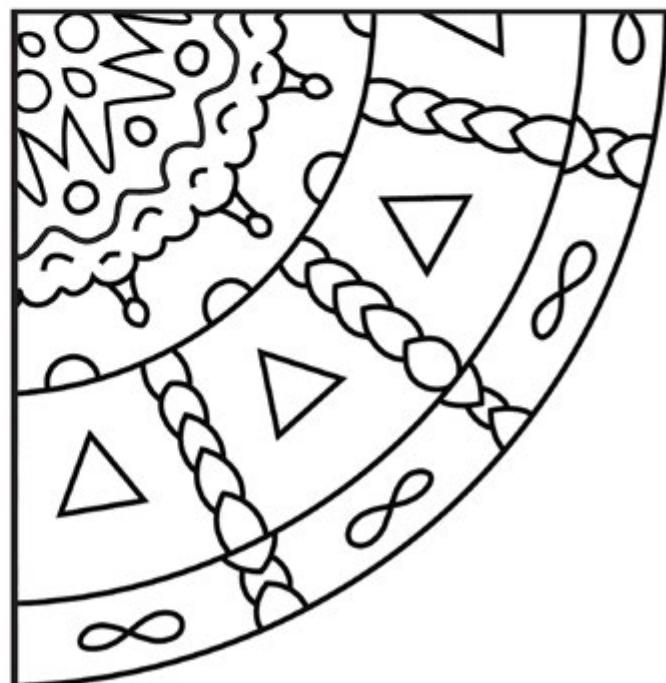
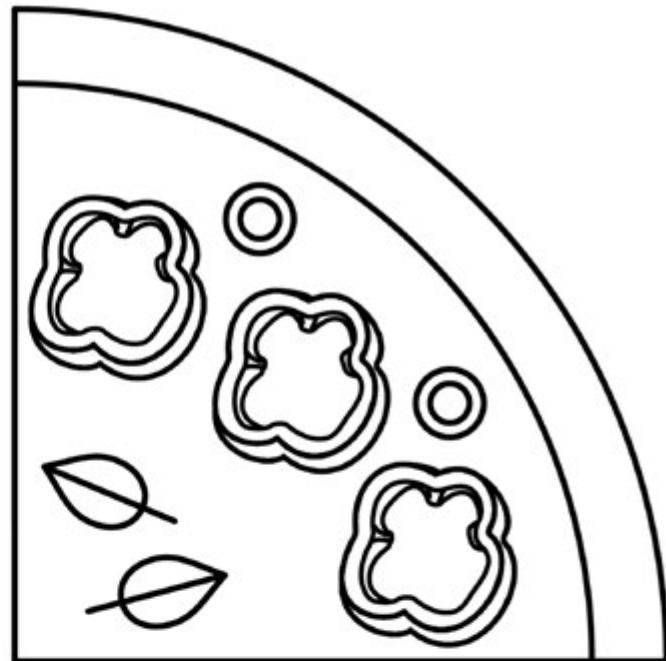
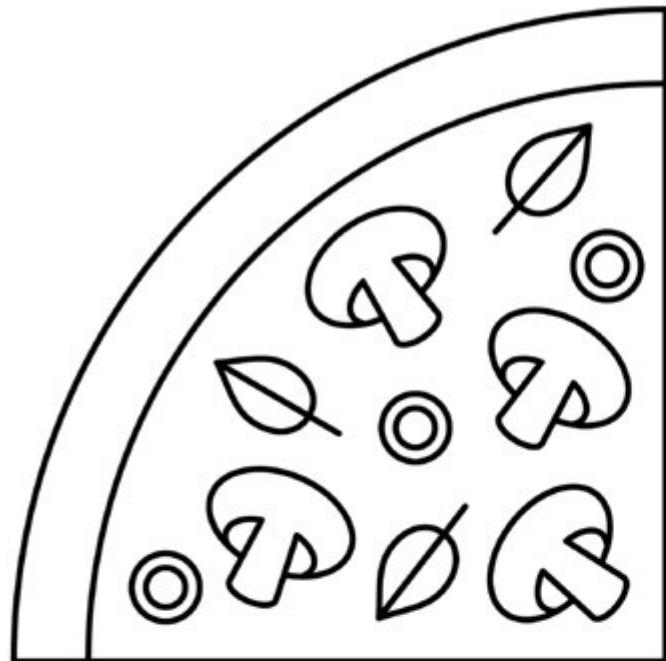
(Makes 6 Servings)



- 6 whole wheat English muffins
- 1 tablespoon extra virgin olive oil
- 1 large red bell pepper, cut into $\frac{1}{4}$ -inch dice (about 2 cups)
- 12 ounces lean ground beef (90% lean or higher)
- $\frac{1}{4}$ cups pasta sauce
- $\frac{1}{3}$ cup fresh basil, roughly chopped, plus more for garnish
- $1\frac{1}{2}$ cups shredded part-skim mozzarella cheese (6 ounces)

- 1 Preheat the oven to 400°F. Slice the English muffins in half and place on a baking sheet. Toast lightly in the oven for about 5 minutes. Set aside.
- 2 Heat the oil in a large nonstick skillet over medium-high heat. Add the bell pepper and cook, stirring frequently, until tender, 5 to 7 minutes.
- 3 Add the beef and cook, breaking up the large pieces, until the meat is no longer pink, about 5 minutes. Drain excess fat. Add the pasta sauce and basil and stir to combine.
- 4 To assemble the pizzas, top each muffin half evenly with the meat mixture. Sprinkle the cheese evenly over the tops. Bake until the cheese melts, 5 to 7 minutes. Sprinkle additional chopped basil on top or decorate with a small basil leaf, as desired.

Nutrition Information per Serving (2 halves): 350 calories, 13g fat (5g saturated), 630mg sodium, 34g carbohydrate, 6g fiber, 26g protein, 30% vitamin A, 60% vitamin C, 40% calcium, 20% iron



Asian Salmon Sticks

Fish sticks are a classic kid favorite, but the frozen, store-bought brands sometimes have more breading than fish. To add better health to fish sticks, I make them from scratch using salmon, which is rich in protein and heart-healthy omega-3 fats. When it comes to good nutrition, salmon is the king of the sea! The great thing about this recipe is that the light coating for my fish is so crispy and yummy that your kids may think they're eating chicken fingers.

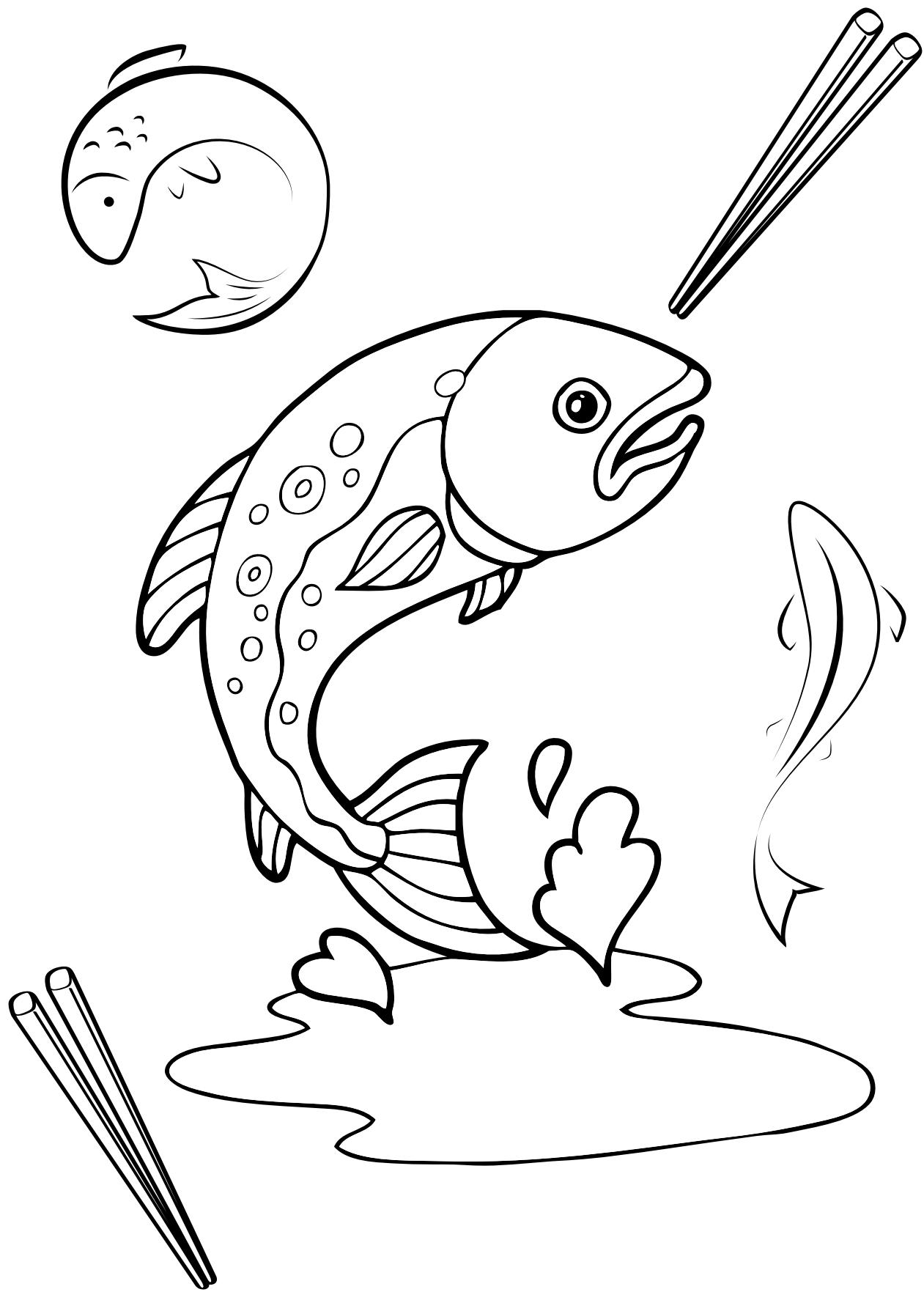
(Makes 5 Servings)



24 ounces center cut salmon fillet, skinned
1/4 cup all-purpose flour
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1 large egg
1 tablespoon reduced-sodium soy sauce
1 teaspoon toasted sesame oil
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
1 1/2 cups panko bread crumbs

- 1 Preheat the oven to 450°F. Generously oil or coat a large baking sheet with nonstick cooking spray and set aside.
- 2 Place the salmon on a cutting board and slice into 3/4-inch by 4-inch strips.
- 3 Place the flour, salt, and pepper in a shallow bowl and stir to combine. In a second bowl, whisk together the egg, soy sauce, sesame oil, ginger, and garlic powder until well combined. Place bread crumbs in a third bowl or plate.
- 4 To bread the salmon, coat all sides with the flour and shake off excess. Dip in egg mixture, then coat evenly with bread crumbs. Arrange on the baking sheet, spray tops of fish with nonstick cooking spray and bake about 7 minutes. Remove from the oven, flip fish sticks, spray tops again with nonstick spray and continue to bake until the coating is crispy and the fish is cooked through, 5 to 8 additional minutes.

Nutrition Information per Serving (2 to 3 sticks): 340 calories, 11g fat (2g saturated, 3g omega-3), 340mg sodium, 23g carbohydrate, 1g fiber, 33g protein



Garden Turkey Meatballs

Spaghetti and meatballs is a family favorite, but traditional recipes can have upwards of 10 grams of unhealthy saturated fat per serving. For my easy makeover, I use lean ground turkey, and I mix in wholesome ingredients like oats, ground flaxseed, and grated carrots. I also swap the white spaghetti for healthier whole wheat. (Even if your kids shy away from whole wheat pasta, the pasta sauce covers it up, so they'll eat it happily!) My reformulated family classic is delicious, light, and filled with fiber.

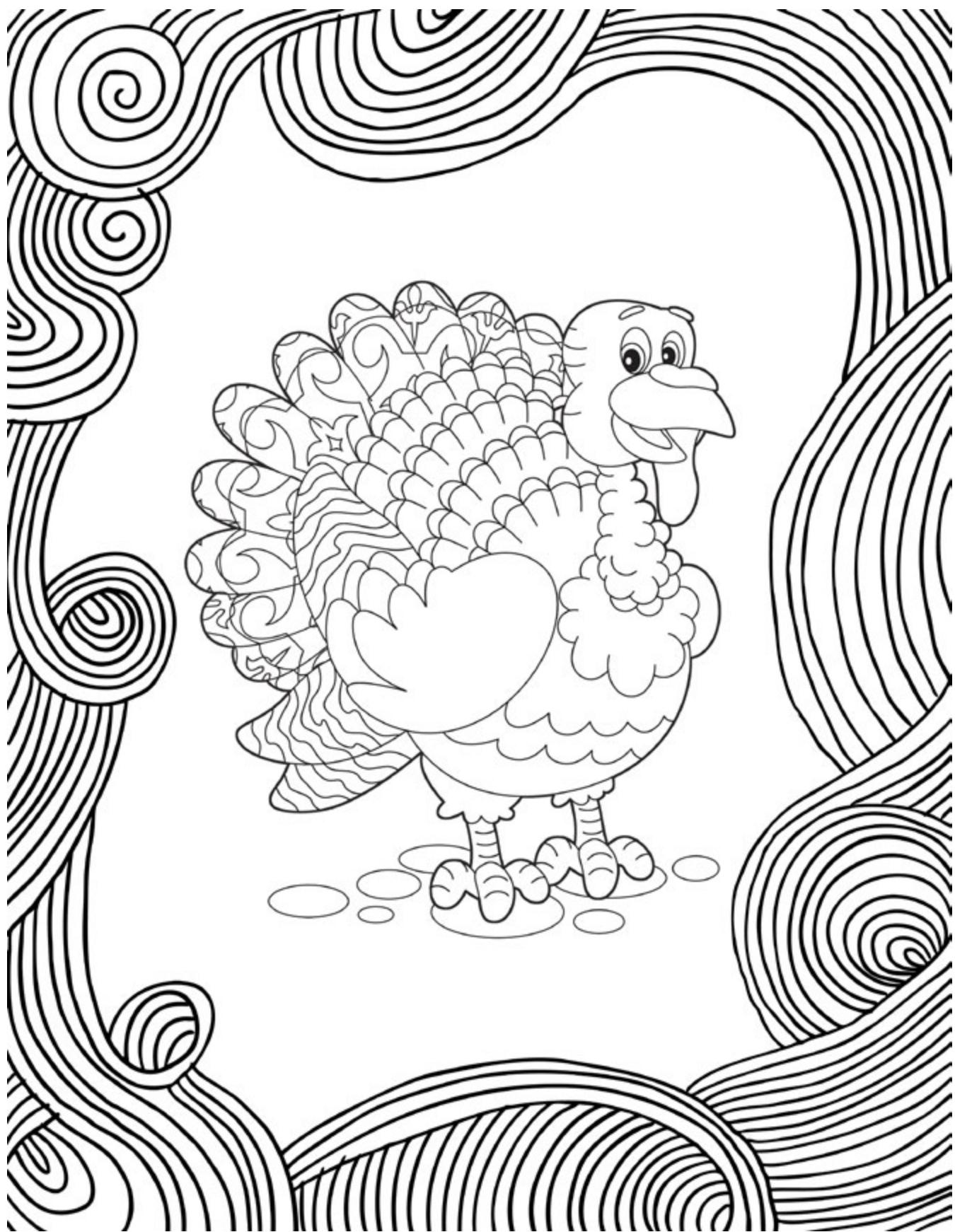
(Makes 6 Servings)



- 1 pound lean ground turkey
- 2 medium carrots, peeled and grated on the small holes of a box grater (about $\frac{1}{2}$ cup)
- 1 large egg, beaten
- $\frac{1}{2}$ cup quick-cooking oats
- $\frac{1}{2}$ cup grated Parmesan cheese
- 2 tablespoons ground flaxseed or wheat germ
- 1 tablespoon dried Italian seasoning or basil
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- 1 26-ounce jar pasta sauce
- 12 ounces dried whole wheat spaghetti

- 1** Preheat the oven to 400°F. Lightly oil or coat a large rimmed baking sheet with nonstick cooking spray and set aside.
- 2** Place the turkey, carrots, egg, oats, Parmesan cheese, flaxseed, Italian seasoning, garlic powder, salt, and pepper in a large bowl and mix until just combined.
- 3** Shape the meat mixture into twenty-four 1½-inch balls. Place on the prepared baking sheet and cook until lightly browned, 10 minutes.
- 4** Place the pasta sauce in a large saucepan over medium heat. Cover and bring to a simmer. When the meatballs are done, add them to the sauce and simmer, covered, until they are fully cooked, about 20 minutes.
- 5** While the sauce and meatballs are simmering, cook the pasta according to package directions. Drain, transfer to a large bowl or platter, and serve with the sauce and meatballs on top.

Nutrition Information per Serving (4 meatballs / 2 ounces pasta): 450 calories, 12g fat (3g saturated, 0.6g omega-3), 640mg sodium, 60g carbohydrate, 11g fiber, 29g protein, 90% vitamin A, 10% vitamin C, 15% calcium, 25% iron



Cauliflower Mac & Cheese

Classic mac & cheese has never been considered a health food. One serving can have over 800 calories and well over a day's worth of saturated fat. You won't find cream or butter in my makeover, but you will find lots of flavor, good nutrition, and one of my favorite vegetables: cauliflower. Why do I love cauliflower so much? Well, for starters, one cup has nearly half of your daily requirement for vitamin C and almost 3 grams of fiber, and it's part of the cancer-fighting family of cruciferous vegetables, which also includes broccoli, kale, and Brussels sprouts.

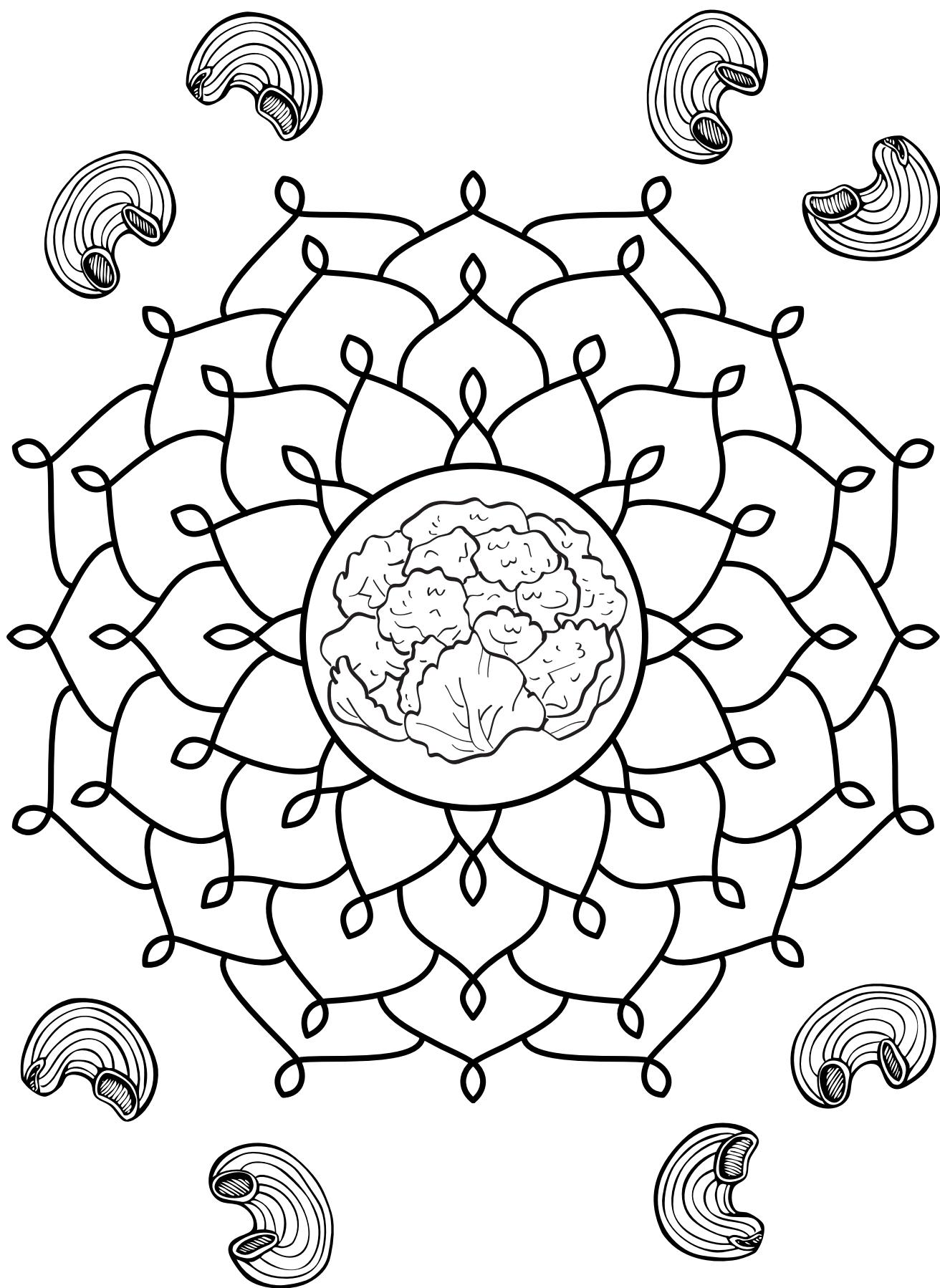
(Makes 4 Servings)



- 6 ounces dried whole wheat elbow pasta
- 1½ tablespoons extra virgin olive oil
- ½ small head cauliflower, shredded on the large holes of a box grater
- 1½ tablespoons all-purpose flour
- 1½ cups 1% low-fat milk
- 5 tablespoons low-fat garlic-and-herb spreadable cheese
- ½ cup shredded reduced-fat Cheddar cheese
- ¼ packed cup chopped fresh basil
- Kosher salt and black pepper

- 1 Cook the pasta according to package directions. Drain and set aside.
- 2 In the same saucepan, heat the oil over medium heat. Add the cauliflower and cook, stirring occasionally, until tender, 4 to 5 minutes. Add the flour and whisk until combined, 1 minute.
- 3 Whisk the milk slowly into the cauliflower mixture. Raise the heat and bring to a low boil, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens, about 3 minutes.
- 4 Remove from the heat and stir in the cheeses until combined. Stir in the pasta and basil, and season with salt and pepper to taste.
- 5 Serve in individual bowls and top with additional basil as desired.

Nutrition Information per Serving (about 1 cup): 330 calories, 12g fat (5g saturated), 260mg sodium, 43g carbohydrate, 5g fiber, 16g protein, 10% vitamin A, 45% vitamin C, 35% calcium, 10% iron



Bean Enchiladas with Pumpkin Sauce

Chicken enchiladas are a Mexican food favorite, but when they're made with full-fat cheese, sour cream, and cream of chicken soup the result is a dinner brimming with over 500 calories and 10 grams of saturated fat. My vegetarian version includes lots of vegetables—corn kernels, spinach, black beans, and canned pumpkin puree—and I turn to reduced-fat cheese to lower the unhealthy fats and whole wheat flour tortillas to boost the fiber.

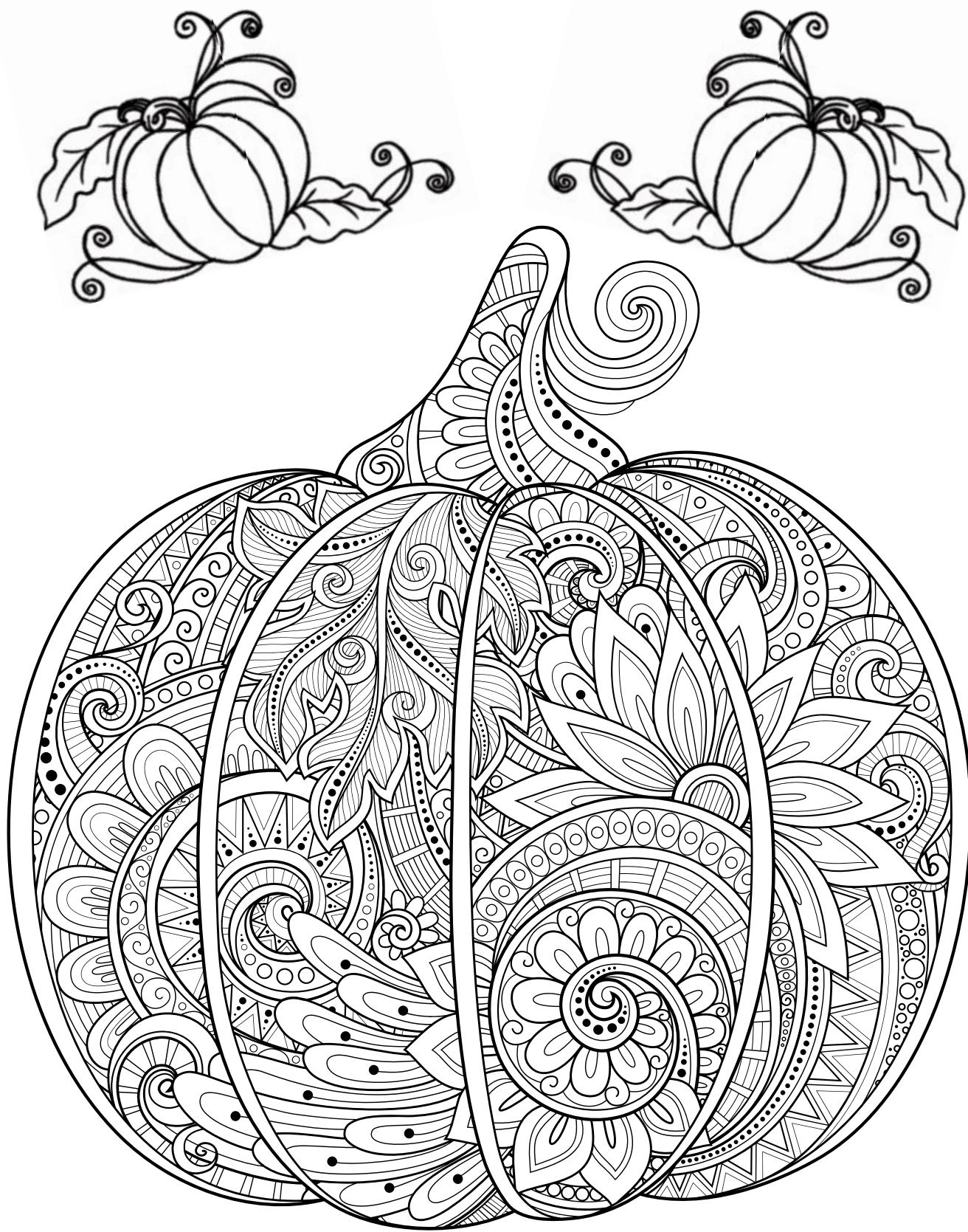
(Makes 8 Servings)



- 1 tablespoon extra virgin olive oil
- 6 green onions, chopped (white and light green parts only)
- 1 6-ounce bag baby spinach, roughly chopped
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- 2 cups shredded reduced-fat Cheddar cheese, divided
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn kernels, thawed
- ½ cup roughly chopped fresh cilantro
- 1 15-ounce can all-natural enchilada sauce
- ½ cup canned 100% pure pumpkin
- 8 8-inch whole wheat flour tortillas

- 1** Preheat the oven to 375°F. Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside.
- 2** Heat the oil in a large nonstick skillet over medium heat. Add the green onions and cook, stirring frequently, until softened, 3 minutes. Add the spinach, cumin, and chili powder and continue to cook, stirring frequently, until wilted, 3 more minutes. Transfer the cooked veggies to a large bowl and set aside to cool, about 5 minutes. When cool, stir in 1 cup of the cheese, and the beans, corn, and cilantro until well combined.
- 3** Meanwhile, place the enchilada sauce and pumpkin in a medium-size bowl and whisk until well combined. Spread 1/2 cup of the mixture evenly on the bottom of the prepared baking pan.
- 4** To assemble, place ½ cup filling down the center of each flour tortilla. Roll up tightly, tucking in the ends, and place seam side down in the prepared baking dish. Cover evenly with remaining sauce, sprinkle with remaining 1 cup cheese and bake, uncovered, until bubbly, about 20 minutes.

Nutrition Information per Serving (1 enchilada): 310 calories, 11g fat (4.5g saturated), 740mg sodium, 40g carbohydrate, 9g fiber, 17g protein, 80% vitamin A, 15% vitamin C, 25% calcium, 10% iron



Homemade Healthy Beefaroni

Turning to canned convenience foods like Beefaroni® can help busy families get dinner on the table quickly, but they come at a price: They're typically loaded with sodium and fat, and they often lack nutritious ingredients. If you crave the nostalgia of canned pasta and beef dinners, you'll love my healthy fix for Beefaroni®. It's made simply in one pot with red bell pepper, mushrooms, whole wheat pasta, and lean, nutrient-rich ground beef.

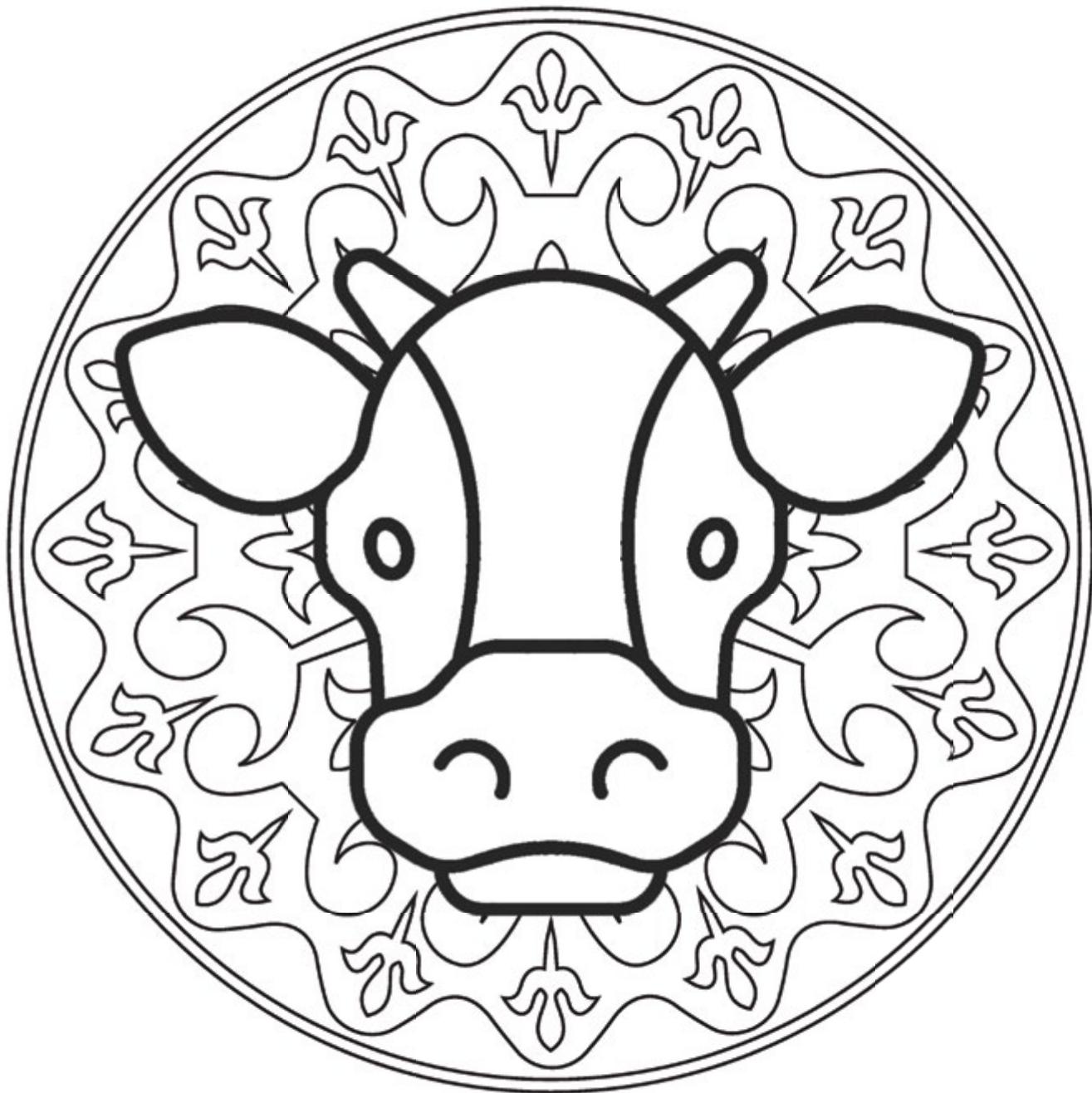
(Makes 5 Servings)



- 1 tablespoon extra virgin olive oil
- 1 medium red bell pepper, cut into $\frac{1}{4}$ -inch dice (about $1\frac{1}{2}$ cups)
- 8 ounces mushrooms, roughly chopped
- 1 pound lean ground beef (90% lean or higher)
- 1 26-ounce jar pasta sauce
- 2 cups water
- 8 ounces dried whole wheat rotini pasta
- 1 cup shredded light Italian cheese blend (4 ounces)
- $\frac{1}{4}$ cup grated Parmesan cheese, optional
- Chopped fresh basil, optional

- 1** Heat the oil in a large saucepan or Dutch oven over medium heat. Add the bell pepper and mushrooms and cook, stirring frequently, until tender, about 10 minutes.
- 2** Add the meat and cook, breaking up the large pieces, until no longer pink, about 5 minutes. Drain excess fat.
- 3** Stir in the pasta sauce and water, raise the heat to high, and bring to a boil. Stir in the pasta and return to a boil. Reduce the heat and cook at a low boil, covered, stirring occasionally, until the pasta is tender, about 15 minutes.
- 4** Remove from the heat and stir in the shredded cheese. Cover and let stand until the cheese melts. Sprinkle with Parmesan cheese and basil as desired.

Nutrition Information per Serving: 460 calories, 14g fat (5g saturated), 640mg sodium, 51g carbohydrate, 7g fiber, 35g protein, 60% vitamin A, 45% vitamin C, 20% calcium, 30% iron



Pulled Pork Sandwiches

Pulled pork is one of my favorite recipes to make in the slow cooker, but many versions call for fatty cuts of meat, and some even call for sugar (gasp!) or a can of cola. For our slow cooker makeover, you won't find sugar, but you will find lean pork loin, a diced red bell pepper, carrots, onion, and all-natural barbecue sauce, all designed to boost flavor, kid appeal, and good nutrition. Oh, and when you serve my pulled pork on whole grain burger buns, you reap even more health benefits.

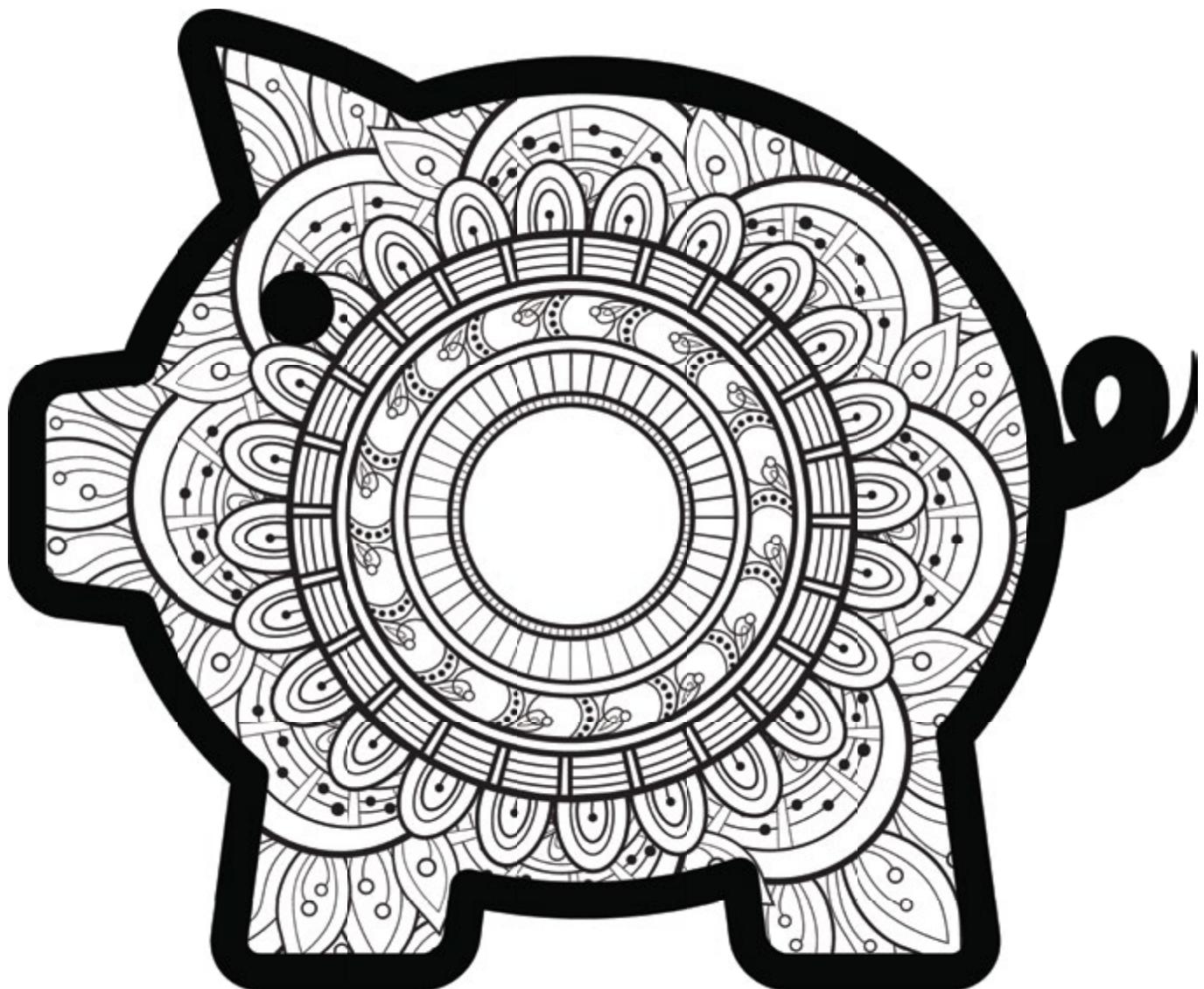
(Makes 8 Servings)



- 2½ pounds pork loin, trimmed of fat and cut into 3 pieces
- 1 large carrot, peeled and shredded on the large holes of a box grater (about 1 cup)
- 1 large bell pepper, cut into ½-inch dice (about 2 cups)
- 1 medium onion, cut in half and sliced into ½-inch-thick wedges
- 1 12-ounce jar all-natural barbecue sauce
- 8 whole wheat hamburger buns, lightly toasted

- 1** Add the pork, carrot, red bell pepper, onion, and barbecue sauce to a 5- or 6-quart slow cooker and stir to combine. (You can also add half the barbecue sauce now and stir in the rest when the dish is done.) Cover and cook on low until the pork is tender, 6 to 8 hours.
- 2** When the meat is done, remove from the slow cooker and place on a cutting board. Use two forks to pull the meat into shredded pieces. You could also shred the pork right in the slow cooker.
- 3** Stir the meat back into the slow cooker until it is well combined with the sauce (the vegetables virtually disappear). Divide the pork mixture evenly between the hamburger buns and serve.

Nutrition Information per Serving (1 sandwich): 340 calories, 9g fat (3g saturated), 540mg sodium, 40g carbohydrate, 4g fiber, 25g protein, 80% vitamin A, 60% vitamin C, 15% iron



Veggie Quiche Patties

Classic quiche Lorraine is made with heavy cream and bacon, so it's an indulgence to say the least. I take it in a whole new direction by adding sauteed baby spinach and fresh herbs and by turning the pie into adorable, kid-pleasing muffin-tin patties. If you're concerned about eggs and cholesterol, you can put that worry aside. Eggs are nutritional powerhouses. One large egg has 6 grams of protein, and the yolks are one of the richest sources of choline, a nutrient needed for healthy brain function. Eating an egg a day is AOK.

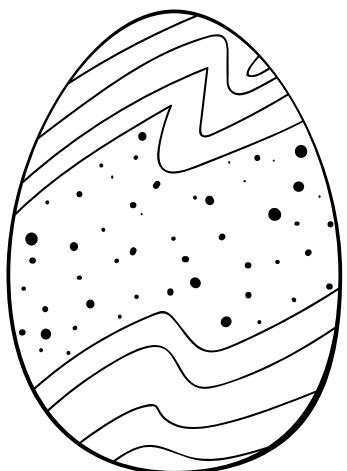
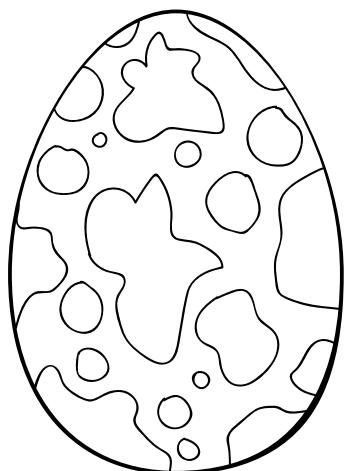
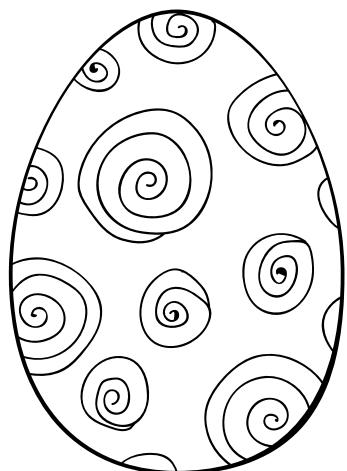
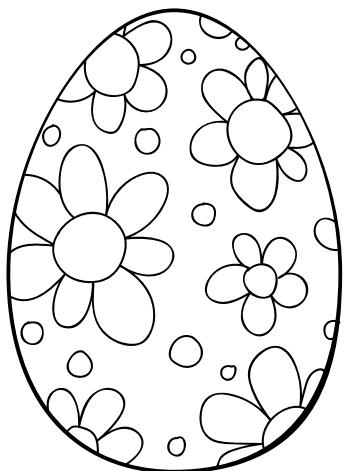
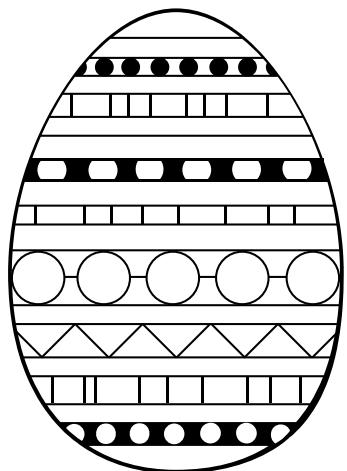
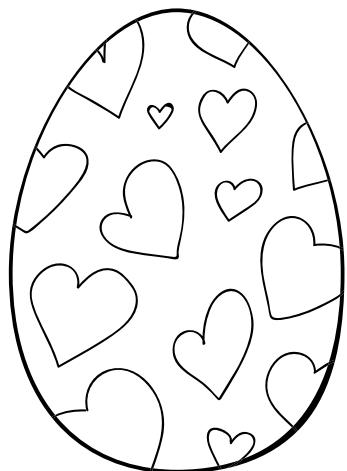
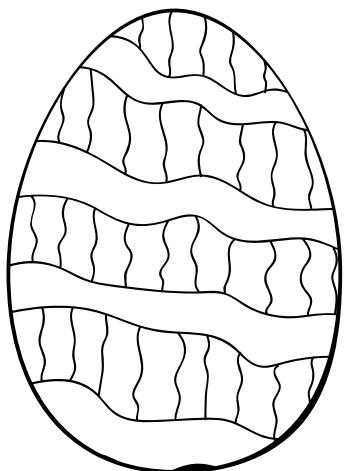
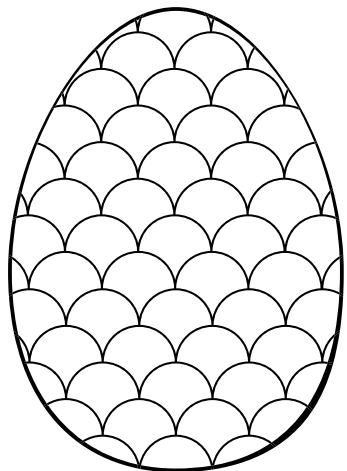
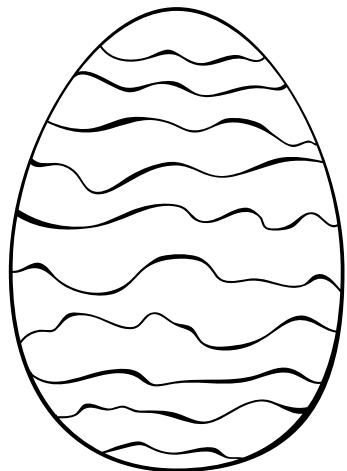
(Makes 4 Servings)



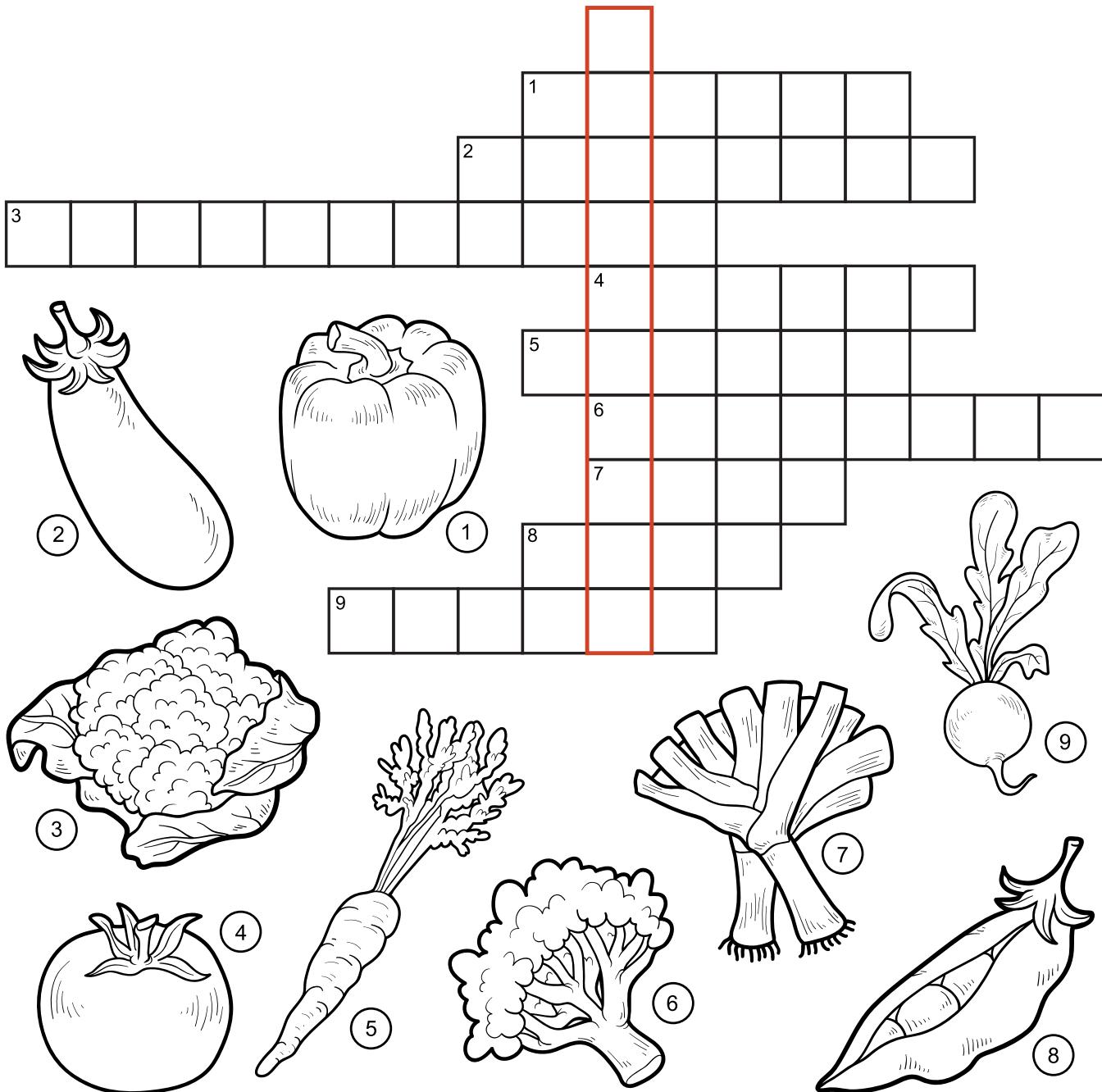
- 1 tablespoon extra virgin olive oil, divided
- $\frac{1}{2}$ small onion, cut into $\frac{1}{4}$ -inch dice (about $\frac{1}{2}$ cup)
- 1 clove garlic, minced
- 1 6-ounce bag baby spinach
- Kosher salt and black pepper
- 5 large eggs, beaten
- $\frac{3}{4}$ cup reduced-fat shredded Cheddar cheese
- 1 tablespoon chopped fresh herbs (we used parsley and tarragon)

- 1** Preheat the oven to 375°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
- 2** Heat $\frac{1}{2}$ tablespoon of the oil in a large nonstick skillet or Dutch oven over medium heat. Add the onion and cook, stirring frequently, until softened, about 5 minutes. Stir in the garlic and cook until golden and fragrant, 30 seconds to 1 minute. Add the remaining $\frac{1}{2}$ tablespoon oil and the spinach and cook, stirring often, until wilted, about 3 minutes. Season with salt and pepper to taste. Remove to a cutting board and coarsely chop.
- 3** Place the eggs, cheese, chopped spinach, and herbs in a large bowl and stir together until well combined. Using a tablespoon measure, pour the egg mixture evenly into each of the muffin cups. (You'll end up with about 2 tablespoons per muffin cup.) Smooth the tops.
- 4** Bake until golden brown and the eggs are set, about 15 minutes. Cool slightly, remove from the muffin cups, and serve at breakfast, lunch, dinner, or for a snack.

Nutrition Information per Serving (3 patties): 200 calories, 14g fat (5g saturated), 290mg sodium, 4g carbohydrate, 1g fiber, 14g protein, 45% vitamin A, 15% vitamin C, 35% calcium, 15% iron



Vegetable Crossword Puzzle



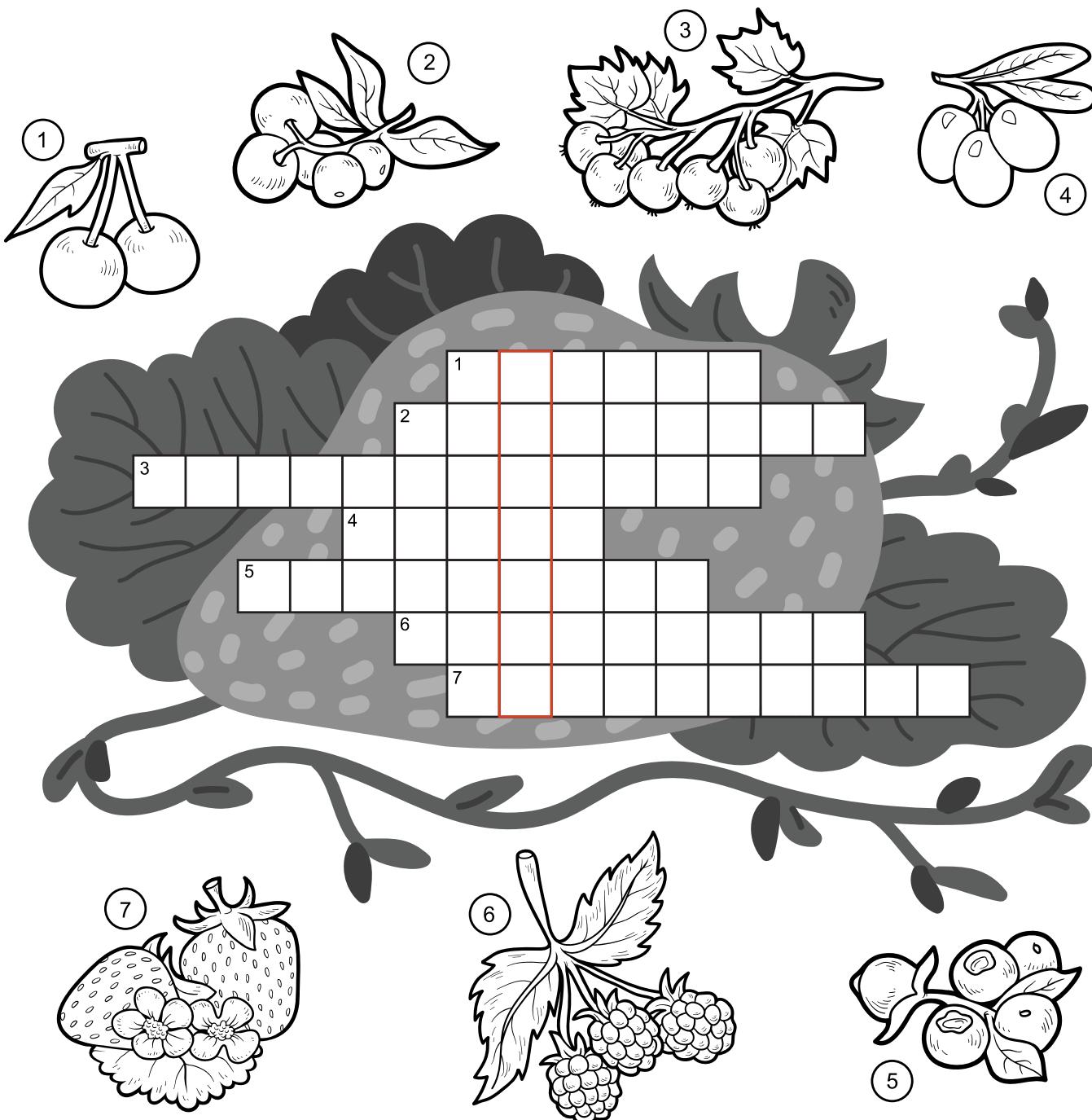
Answer Key

1. Pepper 2. Eggplant 3. Cauliflower 4. Tomato 5. Carrot 6. Broccoli 7. Leek 8. Peas 9. Radish

Answers: vegetables

Fruit Crossword Puzzle

Each answer goes across (not down)



Answer Key

- 1. Cherry
- 2. Cranberry
- 3. Blackcurrant
- 4. Olive
- 5. Blueberry
- 6. Raspberry
- 7. Strawbery

ANSWER: HARVEST

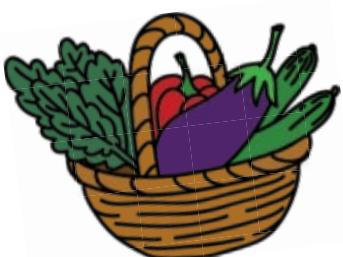
Farmers' Market Scavenger Hunt



Take your kids to the farmers' market and challenge them to search for new and nutritious fruits and vegetables.



1. This vegetable is usually a deep red-purple color but some varieties are yellow, orange, and even striped. They are not as perfectly round as a baseball, but they're almost just as hard. Go find a bunch!
2. This leafy green vegetable rhymes with nail and pail and it's often used in a salad or made into crunchy chips. Some types are curly and some are called dinosaur. What is it?
3. Eaten as a crunchy snack, spread with peanut butter, or dipped into hummus, this light green stalk is super crunchy, and it tastes a little bit like grass! Go grab a stalk.
4. It's often mistaken for a vegetable, but this food is really a fruit. Depending on how it's cooked, it can be turned into a delicious soup (which is often served with grilled cheese) or pizza sauce. While it's usually bright red in color, you may also find some yellow, orange, and purple varieties.
5. A bunny rabbit's favorite treat, this orange-colored vegetable is good for your eyes. Take a walk through the market and see if you can spy some.
6. This heart-shaped red fruit is a sweet treat on its own, but it's also a delicious addition to smoothies and parfaits. When you find it, chances are a few of its berry-licious cousins will be nearby.
7. This vegetable comes in a rainbow of colors: red, orange, green, yellow, and purple, and it's fun to eat as a crunchy snack or with a dip. It has a slightly sweet flavor even though the word 'pepper' appears in its name. Go and find your favorite color.
8. This purple-blue fruit comes in two sizes: tiny and tinier! Sometimes it's grown on farms while other times it's picked in the wild. Can you find a pint?

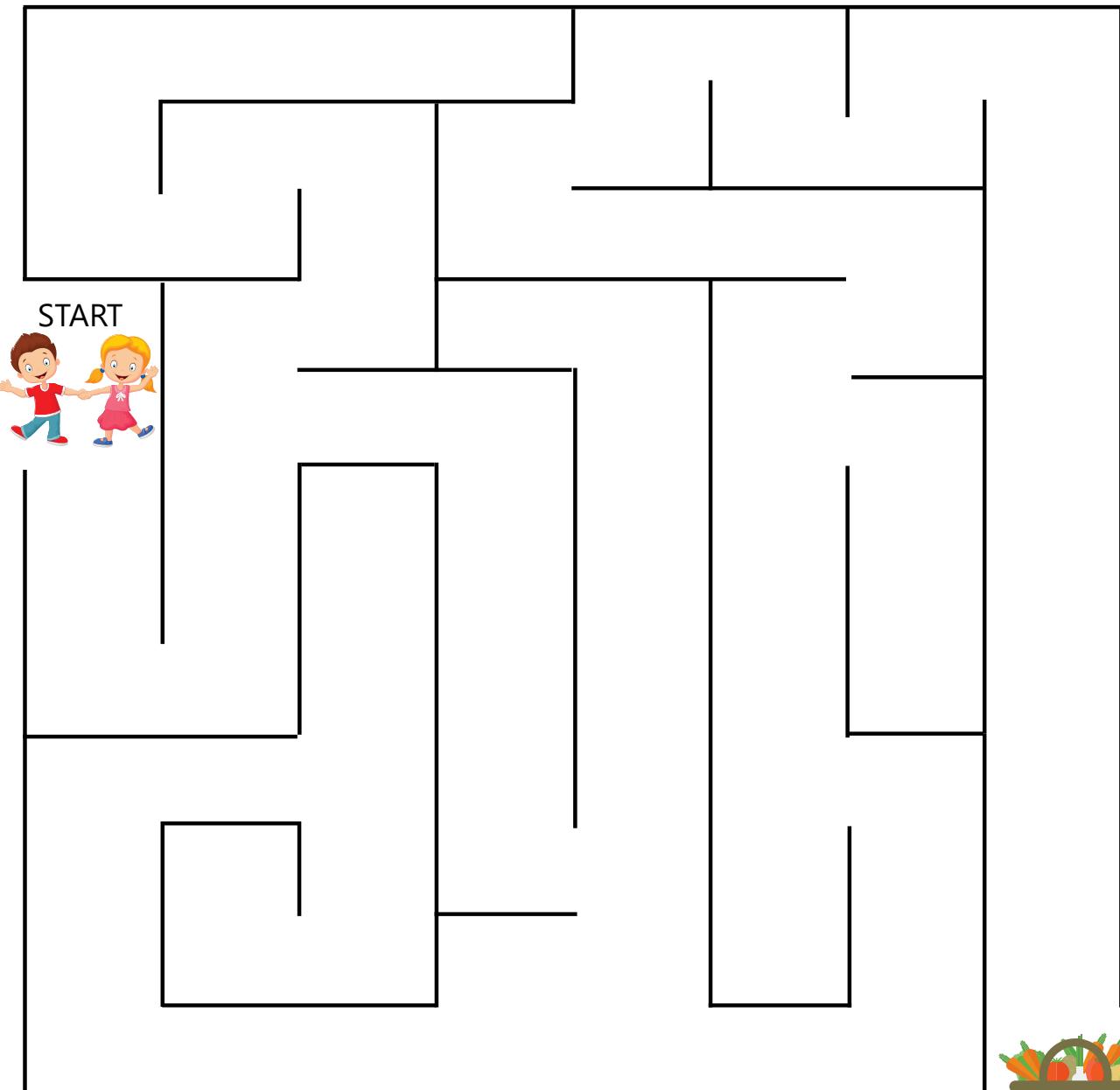


1. Beets 2. Kale 3. Celery 4. Tomatoes 5. Carrots 6. Strawberry 7. Bell Pepper 8. Blueberries

Answer Key

Food Maze

Find the basket of vegetables!



Foodie Word Search

I	A	M	K	O	S	C	H	J	N	D	T	P	E	S
V	K	U	H	D	W	A	H	C	P	P	G	A	S	M
R	T	N	P	N	X	K	D	I	A	H	V	S	E	O
B	R	O	C	C	O	L	I	A	C	N	E	T	E	O
C	S	F	L	M	K	W	P	Z	L	K	I	A	H	R
K	R	O	P	C	I	M	N	S	D	I	E	P	C	H
R	E	W	O	L	F	I	L	U	A	C	H	N	S	S
R	R	R	U	M	N	L	C	B	P	T	Z	C	E	U
M	R	S	T	O	A	A	N	A	E	T	S	G	N	M
O	H	D	M	B	R	K	F	K	P	A	G	M	I	E
W	F	L	T	R	B	W	S	X	P	S	N	S	V	A
H	A	A	O	R	T	U	R	K	E	Y	Y	S	Z	H
S	E	T	U	A	D	S	X	P	R	V	O	S	Z	H
M	S	N	I	K	P	M	U	P	S	P	R	G	I	E
C	S	C	Q	R	M	G	V	H	M	F	I	S	L	T

See if you can find these words!



BEANS



BROCCOLI

CHEESE

CHICKEN

CARROTS

CAULIFLOWER

EGGS

ENCHILADAS

MEATBALLS

MUSHROOMS

PASTA

PEPPERS

PORK

PUMPKIN

SALMON

SPINACH

TURKEY



Add flavor, fun, and good nutrition to family mealtime!

Liz Weiss has created a playful family cookbook filled with 10 classic dinner recipes made healthier and 10 delightfully delicious food-themed coloring pages. As a BONUS, *Color, Cook, Eat! Wholesome Family Dinners* also includes 5 activity pages designed to encourage healthful eating including a farmers' market scavenger hunt, a foodie word search, a vegetable maze, and two fruit and vegetable crossword puzzles.

Good nutrition has never tasted so good or been this much fun!

Veggie Quiche Patties

Classic quiche Lorraine is made with heavy cream and bacon, so it's an indulgence to say the least. I take it in a whole new direction by adding sautéed baby spinach and fresh herbs and by leaving the pie crust adorable, kid-pleasing muffin tin patties. If you're concerned about eggs and cholesterol, you can put that worry aside. Eggs are nutritional powerhouses; a large egg has 6 grams of protein, and the yolks are one of the best sources of choline, a nutrient needed for brain function. Eating an egg a day is AOK. (Makes 8 muffins)

1 tablespoon extra virgin olive oil, divided
1/2 small onion, cut into 1/8-inch dice (about 1/2 cup)
1 clove garlic, minced
1 6-ounce bag baby spinach
Kosher salt and black pepper
5 large eggs, beaten
3/4 cup reduced-fat shredded Cheddar cheese
1 tablespoon chopped fresh herbs (we used parsley and cilantro)

1 Preheat the oven to 375°F. Lightly oil or coat 12 muffin cups with nonstick cooking spray and set aside.
2 Heat 1/2 tablespoon of the oil in a large nonstick skillet or muffin pan over medium heat. Add the onion and cook, stirring, 5 minutes. Stir in the garlic, 30 seconds. Remove the skillet from the heat and let cool for about 3 minutes. Remove to a plate. Remove to a plate.
3 Place the egg in a large bowl. Using a whisk, beat the egg until smooth. Add the herbs and 1/2 tablespoon of the oil.
4 Bake us 15 minutes or until the top is golden brown.

Foodie Word Search

See if you can find these words!

I	A	M	K	O	S	C	H	J	N	D	T	P	E	S
V	K	U	H	D	W	A	H	C	P	P	G	A	S	M
T	R	N	P	X	K	E	D	I	A	H	V	S	E	O
B	R	O	C	C	O	L	I	A	C	N	E	T	E	O
C	S	F	L	M	K	W	P	Z	L	K	I	A	H	R
K	R	O	P	C	I	M	N	S	D	E	P	C	H	R
R	E	W	O	F	L	I	U	A	C	H	N	S	S	O
R	R	R	U	M	N	L	C	B	P	T	Z	C	E	U
M	R	S	T	O	A	A	N	A	E	T	S	G	N	M
O	H	D	M	B	R	K	F	K	P	A	G	M	I	E
W	F	L	T	R	B	W	S	X	P	S	N	S	V	A
H	A	A	O	R	T	U	R	K	Y	Y	S	Z	H	E
S	E	T	U	A	D	S	X	P	R	V	O	S	Z	H
M	S	N	I	K	P	M	U	S	P	R	G	I	E	H
C	C	Q	R	M	G	V	H	M	F	I	S	L	T	E

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Foodie Word Search

See if you can find these words!

BEANS	EGGS	PORK	PUMPKIN
BROCCOLI	ENCHILADAS	METABALLS	SALMON
CHEESE	MUSHROOMS	PASTA	SPINACH
CHICKEN	PASTA	PEPPERS	TURKEY
CARROTS	PEPPERS		
CAULIFLOWER			

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Happy Cooking!



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